

# Johnson Fitness & Wellness Rings In National Wellness Month: Free Pop-Up Workouts Led by Fitness Guru Gideon Akande

SCHAUMBURG, ILLINOIS, USA, July 31, 2024 /EINPresswire.com/ -- Nationwide fitness equipment retailer [Johnson Fitness & Wellness](#) is celebrating National Wellness Month with a two-day pop-up event, featuring free Bodyweight Sprint 8® and [Total Body Fitness classes](#) led by local celebrity trainer and Chicago native, Gideon Akande. Plus, each attendee will be automatically entered into a drawing to win a variety of fitness and wellness prizes to enhance their home gym space.

Akande, known for his work on the [Treo Wellness](#) app and social media, will lead dynamic bodyweight classes at Johnson Fitness & Wellness' Schaumburg store on August 14 and 15, at noon and again at 5:30 p.m. At noon, join his Bodyweight Sprint 8® class for fast-paced intervals with 30 seconds of work and 90 seconds of recovery.

At 5:30 p.m., experience a dynamic class blending energizing intervals with bodyweight strength exercise. All classes will feature plenty of time for stretching at the end, promoting muscle recovery and relaxation. Whether you're a fitness enthusiast or a beginner, this effective bodyweight exercise classes will leave you refreshed and empowered while catering to all fitness levels.

In addition, by simply attending the workout classes, all attendees will gain FREE access to the Treo Wellness app for 6 months to continue working out daily with Gideon and other amazing Treo trainers.



Gideon Akande: Treo Wellness Fitness Instructor

Through these National Wellness Month events, Johnson Fitness & Wellness is doubling down on their goal of supporting community fitness and incorporating wellness through massage and muscle recovery.

#### About Johnson Fitness & Wellness

Johnson Fitness & Wellness (JFW) is the retail division of Johnson Health Tech Retail, Inc. JFW is the world's largest specialty fitness retailer with more than 475 stores worldwide and counting. Each JFW retail outlet offers the stongest assortment of fitness products and brands, including Matrix Fitness, Vision Fitness, and Horizon Fitness. The stores are staffed by experienced fitness consultants who help customers find the perfect product to achieve their fitness goals. Customers have access to a wide assortment of personal fitness and wellness equipment, including treadmills, ellipticals, stationary bikes, home gyms, and accessories. To learn more, visit [johnsonfitness.com](http://johnsonfitness.com)

#### About Treo Wellness

Treo Wellness is dedicated to helping others discover their healthy lifestyle. Treo's Whole-Person Platform is a turnkey solution for individuals or organizations wanting to enhance personal or population health goals. Treo provides evidence-based, self-guided tools and virtual coaching support that encourages sustainable habits that energize and invigorate lives. More information at [treowellness.com](http://treowellness.com) or [info@treowellness.com](mailto:info@treowellness.com)

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